

Brussels sprouts, bok choy & chicken stir-fry

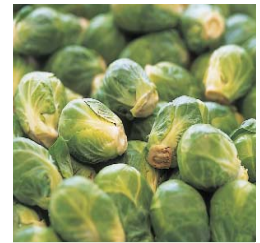


Brussels sprouts, bok choy & chicken stir-fry

Preparation: about 15 minutes
Cooking: about 15 minutes
Serves: 4

300g small Brussels Sprouts, trimmed
2 tbs peanut oil
500g chicken breast fillets, thinly sliced crossways
2 garlic cloves, finely chopped
1 long red chilli, halved lengthways, deseeded and thinly sliced
4 green onions (shallots), thinly sliced diagonally
1 bunch baby bok choy, trimmed, leaves separated and stems chopped
1 tsp sesame oil
1/3 cup chicken stock
1/3 cup oyster sauce
1/4 cup roasted cashews, chopped
steamed jasmine or brown rice, to serve

1. Boil Brussels sprouts for 5 minutes. Drain, refresh in cold water cut into quarters lengthways. Set aside.
3. Heat a wok over high heat. Add 2 tsp oil and heat until hot. Add half the chicken and stir-fry for 2 minutes or until just cooked through. Transfer to a plate. Repeat using 2 tsp oil and remaining chicken.
4. Heat remaining 1 tbs oil in wok. Add garlic, chilli and green onions and stir-fry for 1 minute. Add bok choy stems, sesame oil and stock. Stir-fry for 1 minute. Add bok choy leaves, Brussels sprouts and oyster sauce. Stir-fry for 1 minute. Add chicken and toss until well combined. Spoon into serving bowls, sprinkle with cashews and serve with steamed jasmine or brown rice.



Brussels sprouts

- Close to the top of the class for all round nutrition, supplying dietary fibre, potassium and a range of vitamins (beta carotene, C, E and the B vitamins, B1, B2, B6, folate and pantothenic acid).
- Beta carotene is converted to vitamin A in the body and is important for eye health while vitamins C and E help fight inflammation and infection.